

Historic, Archive Document

Do not assume content reflects current scientific
knowledge, policies, or practices

HOUSEWIFERS' CHEAT

Monday, May 27, 1935

(FOR BROADCAST USE ONLY)

Subject: "EARLY PICNICS." Information from the Bureau of Home Economics, U.S.D.A

--ooOoo--

With a holiday in the offing, many families are considering a picnic this week by way of celebration. When you begin to plan a picnic at this time of year, you always have to think of the weather. Will it be cool enough for a picnic fire, or hot enough for all the cold things you can think of?

Well, suppose we plan today for a picnic on a cool day. We'll have plenty of hot days to plan for later. Let's plan a menu around a picnic fire. You can go back to nature and build your fire on the ground, or you can choose a spot in a park where you'll have a ready-made fire place. When you have a fire, you take lunch makings in your basket rather than the ready-to-eat cold things more suitable for a hot day.

Perhaps you have your favorite picnic menu well in mind. But even so, you may be interested in some suggestions from the Bureau of Home Economics. Variety is a point these food people at the Bureau always stress in meals -- variety of foods even on a picnic menu. They say that we need more than bread and meat and potato chips or salad even for a picnic meal.

But let's begin with the meat for the picnic. How would you like to take some ground meat with you to make into patties and broil over the open fire and eat in a huge roll sandwich? Or will you have bacon broiled on a forked stick? Or kabobs -- those tempting morsels of meat the size of one good bite which you slip on a long stick or metal skewer, each piece with a slice of onion between? You can use small pieces of any kind of meat for kabobs -- beef, pork or lamb. You broil the skewerful over the fire, turning it so it cooks through and browns nicely on all sides.

If you prefer a "wienie roast," you cook the "wienies" or frankfurters on a stick, or on a grill, or in a pan over the fire, each tempting sausage to be popped into a roll when done. But be sure the meat is thoroughly done -- through and through. Frankfurters contain both pork and beef, you know, and are only partially cooked when they are made. I don't need to remind you that for health's sake all pork needs thorough cooking.

Or, if you take your frying pan along, you might have scrambled eggs instead of meat. Or ham or bacon and eggs.

Some other hot dishes that go well at a picnic you can cook at home. A baking dish of scalloped potatoes will stay hot if you wrap it up well for the journey. So will a dish of scalloped macaroni, cheese and tomatoes. Or a casserole of spinach in white sauce beaten up with eggs and baked. If you aren't more than half-an-hour's trip from the picnic grounds and are going out just for lunch or supper, dishes like these are as easy to have at a picnic as at home.

How about green foods which you don't want to forget for a picnic meal any more than at home. Garden lettuce, radishes and young onions are in season over most of the country now, and what could be better on a picnic plate? Or perhaps you will take along a few tomatoes and a cucumber or a green pepper to cut up together for a salad. Or maybe a slice of tomato or onion to tuck into each sandwich with meat or eggs or cheese for filling.

As for a beverage, cocoa is a good choice for the whole family. It's a good way of getting the children's milk into the menu and also giving them something hot to drink. Or the grown-ups can have hot coffee -- and take milk along for the children.

For the finish of the meal, you have a nice choice of fruit just now -- berries of one kind or another, apples, oranges, grapefruit and bananas, or the fresh pineapple which is coming in now in abundance from Cuba and Puerto Rico. Either cut up the pineapple and take it along in a jar, or wash it thoroughly at home and take it along whole to be cut up at mealtime at the picnic. Length-wise slices or wedges with the skin left on are easy to eat out of hand. Dip the point in sugar, if you like.

Well, you see how easy it is in these days to have your picnic meal well-rounded -- a menu that includes bread and meat or eggs and milk, vegetables and fruit. The foods too often neglected at outdoor meals are the green things and milk.

Now here's some news about sausage that may interest you. If you are buying frankfurters, or bologna, or liverwurst, either for home or picnic use, you'll be interested to know that you can now buy, in many markets, Government graded and dated sausages. This means that sausages so labeled are not only good enough to pass inspection as a wholesome product, but they are of first-rate quality as judged by experts of the U.S. Department of Agriculture. Attached to the sausages when the dealer gets them is a tag or sticker which certifies that they were "graded by an official grader of the Bureau of Agricultural Economics, that the date of grading is stamped thereon, and that quality at the time of grading was U.S. Grade No. 1."

To many people, no doubt, all frankfurters, or all bologna, or all liverwurst look alike as you see them on the counter. Some grades, however, are made of less desirable parts of the meat, or meat by-products instead of the better parts or better grades. In fact, some frankfurters are not made entirely of meat but partly of cereal. You probably can't tell this by looking at them, but when you buy the Government-graded, dated sausage, you know just what you are getting. Of course, U.S. Grade No. 1 is first quality, all-meat sausage.

As far as sausage is concerned, this is a new thing, though grading service has been in operation by the Department of Agriculture for most kinds of meat for nearly eight years. The first graded sausages were put on the market a few weeks ago in Philadelphia, Baltimore, and Washington. Since then the demand has increased so fast that Government graders can hardly keep up with it. Such a demand shows the popularity of sausages, for one thing, but seems to show also that people who are buying appreciate the usefulness of grade labels for food products.

